

Full Report (All Nutrients) 45134716, HEALTHY CHOICE Herb Crusted Fish, UNPREPARED, GTIN: 00050100210298

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

Nutrient	Unit	Data points	Std. Error	1 Meal (311g) 311g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	271	87
Protein	g	--	--	15.99	5.14
Total lipid (fat)	g	--	--	5.01	1.61
Carbohydrate, by difference	g	--	--	39.99	12.86
Fiber, total dietary	g	--	--	5.0	1.6
Sugars, total	g	--	--	7.99	2.57
Minerals					
Calcium, Ca	mg	--	--	81	26
Iron, Fe	mg	--	--	1.80	0.58
Potassium, K	mg	--	--	600	193
Sodium, Na	mg	--	--	370	119
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	3.7	1.2
Vitamin A, IU	IU	--	--	1250	402
Lipids					
Fatty acids, total saturated	g	--	--	1.493	0.480
Fatty acids, total monounsaturated	g	--	--	2.488	0.800
Fatty acids, total polyunsaturated	g	--	--	0.995	0.320
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	25	8
Amino Acids					
Other					
Ingredients					

BREADED HERB CRUSTED FISH (POLLOCK, ENRICHED WHEAT FLOUR [BLEACHED AND UNBLEACHED WHEAT FLOUR, NIACIN, FERROUS SULFATE {IRON}, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: SOYBEAN OIL, MODIFIED CORN STARCH, SPICES, SUGAR, SALT, YELLOW CORN FLOUR, WHITE CORN FLOUR, GARLIC POWDER, EGG WHITES, ONION POWDER, YEAST, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE], DEXTROSE, SOY FLOUR, NATURAL FLAVOR, YEAST EXTRACT, CARAMEL COLOR, TORULA YEAST, DEHYDRATED GARLIC, EXTRACTIVES OF PAPRIKA [COLOR], OLIVE OIL, CANOLA OIL), COOKED PASTA (WATER, PASTA [WHOLE GRAIN WHEAT FLOUR {ULTRAGRAIN®}, DURUM WHEAT SEMOLINA, EGG WHITES], OLIVE OIL), GREEN BEANS, WATER, CARROTS, TOMATOES, CONTAINS 2% OR LESS OF: CHARDONNAY WINE, CORN STARCH, GARLIC PUREE (GARLIC, DRIED CANE SYRUP), OLIVE OIL, BASIL PUREE (BASIL, GARLIC, DRIED CANE SYRUP, OLIVE OIL, SEA SALT), PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ONION PUREE (ONION, DRIED CANE SYRUP, SEA SALT), SUGAR, WHEY, SEA SALT, LEMON JUICE CONCENTRATE, NATURAL FLAVOR (NATURAL FLAVOR, MALTODEXTRIN, FRUCTOSE), SPICE, GARLIC POWDER, DRIED ONION, DRIED RED BELL PEPPER, SOYBEAN OIL. CONTAINS: EGG, FISH (POLLOCK), MILK, SOY, WHEAT. *Date Available:* 03/09/2017 *Date Last Updated by Company:* 03/09/2017